

You now have access to the best health and community services we have to offer.

Our goal is to provide you with all the care you need so that you can **enjoy your best health throughout your life.**

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#### MESSAGE FROM THE MEDICAL DIRECTOR OF THE LAKE COUNTY HEALTH DEPARTMENT/COMMUNITY HEALTH CENTER

The Lake County Health Department/Community Health Center (LCHD/CHC) looks forward to serving you. We first began providing primary care services in the 1950s. Our eight health centers are located in Waukegan, North Chicago, Zion, Highland Park, Round Lake Beach and Libertyville.



For more information or to make an appointment, please call (847) 377-8800. We look forward to hearing from you.

Have a healthy day!

Sincerely,

Robert Saqueton, MD  
Medical Director  
Lake County Health Department/  
Community Health Center

#### STAYING HEALTHY AND STRONG

##### Healthy Tips for Every Mother

We salute mothers everywhere on their special day and every day. We offer moms healthy tips they can use year-round.

- Eat healthy. Fruits and vegetables may reduce the risk of cancer and other diseases.
- Move more. Add physical activity to your life.
- Sleep well.
- Manage stress.
- Know and pass on family health history. It could be important for determining your child's health risks.

For more information, visit [cdc.gov/women/mothersday](http://cdc.gov/women/mothersday).

#### COMMUNITY CARE PARTNERS SERVICE HIGHLIGHTS

What is the role of your Primary Care Provider (PCP)? When you or your family is sick and need care or check-ups your PCP will:

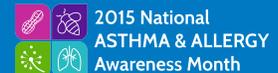
- Answer questions about your care
- Provide information you need to stay healthy
- Help manage conditions like diabetes, high blood pressure and asthma
- Refer you to specialists or other doctors
- Take care of you when you are sick
- Work with you to get the care you need

#### ANNOUNCEMENTS

##### May is National Asthma and Allergy Awareness Month

Did you know that asthma affects about 25.9 million Americans and over 50 million Americans suffer from all types of allergies? It's a peak season for asthma and allergy sufferers and also National Asthma and Allergy Awareness Month—a perfect time to share information about these diseases with your family, friends and coworkers. Learn the different ways you can participate in awareness month by visiting the Asthma and Allergy Foundation of America (AAFA) website at [www.aafa.org](http://www.aafa.org).

In addition, there is still much research to be done to fully understand how to prevent, treat and cure asthma. With proper management people can live healthy and active lives. Visit AAFA for more information and all the resources and tools available to help spread awareness.



SOURCE: ASTHMA AND ALLERGY FOUNDATION OF AMERICA

##### Enjoy the Great Outdoors!

Now that warmer weather is here it's time to get out, explore and enjoy outdoor activities and events. June is National Great Outdoors Month and if you're looking for fun and exciting events, go to [www.greatoutdoorsmonth.org](http://www.greatoutdoorsmonth.org). At least one signature event per week takes place from May to July.

THE CARE PARTNERS:

